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QUARTERLY TAPE: MEDITATION-DISSOCIATION-TRANSCENDENCE

The INNER CIRCLE alliance, an elite group of sustaining TMI members, provides field evaluations of new Hemi-Sync® sound patterns developed in the Institute laboratory. It is now time to share the results of their work with you.

This quarter's complimentary special release member tape may enable you to deepen your consciousness-exploring skills. The sound formats have been extensively tested in the laboratory using objective EEG measurements and physiological readings. The INNER CIRCLE provided experiential, subjective evaluations and suggestions for implementation.

Side One of the cassette is a guided exploration of three discrete states of consciousness. You may have already experienced them through your Focus-level journeys. On Side Two, the sound patterns are the same, but there is no verbal guidance. When you have become skilled by following the guidance, venture out on your own with the "free-flow" side of the tape.

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